

## GEOGRAPHY OF WELL-BEING: CZECH EXPERIENCE

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### Geography of well-being: Czech experience

The geography of well-being is based on the knowledge that this concept has a spatial dimension and on the knowledge that well-being is not interchangeable with quality of life or happiness. Creating a well-being epistemology is challenging not only because of the prevailing terminological chaos but also for cultural and linguistic reasons. The aim of the paper is to outline the epistemology of well-being from a geographical point of view and its application at the level of Czech districts. The epistemology of the geography of well-being is based on the knowledge that it consists of subjective spatially differentiated satisfaction with life. This distinguishes it from the geography of quality of life, which is actually the geography of the quality of the place, formed by a set of objective indicators of amenities and other variables that form the quality of the place. We surveyed well-being and its drivers on a scale of 0 – 10 with face-to-face method and via social networks. In the final part of the paper, implications are derived.

**Key words:** quality of life, well-being, ill-being, quality of place, happiness, spatial patterns, Czechia

## INTRODUCTION

Quality of life is one of the concepts that was developed when the western societies, after meeting the quantity of needs, became interested in their quality. When we evaluate the quality of our life, we express the degree of satisfaction with it, so the quality of life is significantly associated with the term “good life” (Veenhoven 2000). A state where satisfaction with life prevails in the evaluation is called well-being. On the contrary, in case of dominant dissatisfaction we refer to ill-being. In this paper, we focused on well-being.

Well-being is part of the quality of life and happiness is part of well-being. The quality of life model in the form of its division into well-being and ill-being is presented in Tab. 1. We consider the fact that well-being is a feeling, and therefore a psychological matter, to be key in the study of well-being. We define well-being as “a feeling based on the predominant pleasant state of satisfaction, health, emotional satiety and social relationships experienced in an environment in which we feel good”. Generally speaking, the feeling of well-being means that we are well.

Social sciences, including human geography, also engage with well-being. The term “geography of well-being” became familiar in the study of well-being (Aslam and Corrado 2012) and is also used by the OECD (2016). From a geographical point of view, the geography of well-being is part of the shift in this science from the study of description and geographical differentiation of simple phenomena such as mining or car production to the study of complex phenomena and processes such as hunger, drought, COVID-19 pandemic or overtourism. In other words, it shifted from the study of the description of phenomena to the study of the causes, connections and consequences of current phenomena and processes. These include the ge-

ographical study of concepts such as sustainability, good governance and quality of life. What remains is the essence of geography – the study of the interactions of phenomena and processes in space. From the point of view of the study of quality of life, geographers do not show themselves sufficiently in the development of its epistemology or at the application level.

The aim of the paper is to outline the epistemology of well-being from a geographical point of view and its application at the level of Czech districts. The epistemology of the geography of well-being is based on the knowledge of the possibility of examining the geographical differentiation of the subjective indicator of satisfaction with life. Epistemology of quality of life from related phenomena of well-being, happiness or quality of the place is not given enough attention in geography. The authors' ambition is to contribute to changing this situation. In paper, we focus on Czechia.

## THEORETICAL BACKGROUND

We are interested in well-being from a geographical point of view, which is focused on its spatial differentiation. The geography of well-being is part of human geography, which is currently influenced by a number of stimuli from a rapidly changing world influenced by the increasing complexity, connectivity and fluidity (Ira and Matlovič 2020). Well-being, quality of life and happiness are concepts by which today's society of late modernity seeks to explain the complexity and interconnectedness of the current social and economic reality.

Papers focused on quality of life or related phenomena of well-being, happiness or quality of place are published in high-ranking geographic journals (Rappaport 2009, Aslam and Corrado 2012, Tomaney 2015, Smith and Reid 2017 and Quinn et al. 2021). However, there are not many of them. Due to the absence of geography in the development of epistemology and the application outputs of quality of life research, adjectives are added to well-being: economic, material, objective, physical, well-being of nations (Petrovič and Murgaš 2020). In fact, these terms express a spatial and objective dimension of quality of life. We believe that no adjective needs to be assigned to well-being, because the complement of well-being is not objective/economic well-being but the quality of the place.

The research of quality of life, well-being or happiness is dominated by the application focus on the outputs, with less attention being paid to the development of its epistemology. Veenhoven constructed a Happy Life Years (HLY) measurement to measure “how long and happy people live” at the individual level and “how well a nation is doing” at the country level, based on a multiples of life expectancy at birth and a happiness rate on a scale of 0 – 1 (Veenhoven 2014). New approaches include the concept of Wellbeing Adjusted Life Years (WALY). The authors characterize it as “a universal metric to quantify the happiness return on investment” (Happiness Research Institute and Leaps by Bayer 2020).

Our paper is focused on the outline of the epistemology of the geography of well-being and its validation at the level of the regions of the Czechia. The relevant literature was analysed, well-being as part of the quality of life was conceptualized. Key factors related to the subject of study were defined. We verified the geographical approach to the concept of well-being by measuring it. Data was collected by face-to-face interviews and via social networks.

### The concept of well-being

The measurement of well-being began after World War II (Hoekstra 2019). Over the recent decades, the research of quality of life and related concepts of well-being and happiness is experiencing a boom. One of its latest trends is the emergence of the term “the science of well-being” (Huppert et al. 2005, Diener 2009 and Oades and Mossman 2017). The reason for this boom is the fact that in measuring the development of individual states, non-economic indicators such as quality of life are increasingly being used instead of economic indicators such as GDP in particular (Aslam and Corrado 2012). As a result, the study of well-being finds its place in a growing number of scientific disciplines, with much attention being paid to it in the field of medicine. The American Mayo Clinic (2021) has published a report *State of Well-Being 2020 – 2021*. According to Tiberius (2014), well-being has an important place in moral philosophy. Gallup poll also publishes its well-being index under the name Gallup-Sharecare Global Well-Being Index (Gallup online). The World Bank defines poverty through well-being and defines it as “pronounced deprivation in well-being” (Haughton and Khandker 2009, p. 1).

On the numerical Cantril scale 0 – 10, well-being is characterized by an above-average value of satisfaction, i. e. 6 – 10 and ill-being is below average value, i. e. 0 – 4 on a scale of 0 – 10. According to Schwanen and Atkinson (2015, p. 98) “Wellbeing has become an increasingly powerful concept in recent decades, in academia and especially beyond. Not only are age-old philosophical questions about what constitutes a good life now commonly (re)framed as questions about wellbeing; the term is increasingly positioned as the desirable outcome of, and normative criterion by which to evaluate, practices of consumption, paid employment and employers, transport systems, cities, government policies, and indeed states’ performance”.

As Tiberius (2014, p. 7 110) states, “well-being is living a life that is going well for him or for her”. However, sometimes life is not going well, we call this state ill-being. Quality of life and well-being are “on the surface seductively straightforward”, with everyone capable of answering the question – “how are you”. However, any straightforwardness disappears when trying to conceptualize the quality of life, well-being or happiness (Hanell 2018, p. 19).

Some authors (e. g., Foo et al. 2015 and Western and Tomaszewski 2016) operationalize the content of well-being in the form of quality of life. Our conceptualization of well-being is based on the knowledge that it is part of the quality of life, specifically its subjective dimension. It follows that the concept of well-being must be part of the concept of quality of life. Quality of life consists of two dimensions (Sirgy 2012), in addition to the subjective, it is also an objective, spatial dimension, called the quality of place. The location can be a spatial unit at any hierarchical level, i. e., state, region, town, quarter or village. Both dimensions have parts with above-average and below-average values, in the subjective dimension it is well-being and ill-being; in the objective dimension, it is good quality of place and poor quality of place.

A model (Tab. 1) can express the subjective dimension of such a conceptualized quality of life. The graphical expression of the concept of quality of life in the form of a matrix was used by Zapf (1978, in Hanell 2018), later Veenhoven (2000) used this form in his models. Well-being and ill-being in the form of a model were expressed by Headey et al. (1985), Gallagher et al. (2009), and Hanell (2018). In the

conceptualization of well-being, it is necessary to pay attention to ill-being as well. In the model featured in Tab. 1, quality of life is a matrix of combinations of both its dimensions, i.e. on the one hand well-being and ill-being, and on the other hand good quality of place and poor quality of place. The upper left quadrant is a combination of well-being and poor quality of place. In a specific case, this alternative may be a “socially excluded locality” (official term according to the Czech legislation) inhabited by people living on social benefits in a house with the lowest standard of living in a Czech city (Murgaš and Drápela 2019). The upper right quadrant is a combination of well-being and good quality of place, expressively called “paradise on earth”. This variant represents a very good quality of life in the form of a good life, lived in a good place. The quadrant represents a standard for each of us, i. e. our own idea of where life is good. When we evaluate the quality of our life, we evaluate satisfaction with it. The measure of satisfaction is the degree of agreement compared to the standard. In a specific case, this alternative can be not only an Art Nouveau quarter with centuries-old villas in the capital inhabited by famous people, but also any place inhabited by satisfied people who like to live in that specific place.

**Tab. 1 Quality of life model: ill-being and well-being**

	Poor quality of place	Good quality of place
Well-being	Good life in the wrong place	Good life in the great place
Ill-being	Miserable life in the wrong place	Miserable life in the great place

Source: Own elaboration.

The lower left quadrant is a combination of ill-being and poor quality of place, expressively called “hell on earth”. In a specific case, this alternative may be the life of a homeless person living on the hot air outlets of the subway. The lower right quadrant is a combination of ill-being and good quality of place. Ill-being indicates dissatisfaction with life, which is only partially improved by good quality of place. An extreme example of this alternative can be the great psychological problems or even suicides of famous people, especially artists, living in the most expensive neighbourhoods of world-famous cities.

The position of ill-being and well-being on the Cantril scale 0 – 10 is shown in Tab. 2. The Cantril Scale (CS) is a simple visual scale which makes it possible to assess general human well-being. Another possible measurement is on a verbal 5- or 7-degree Likert scale. We do not associate well-being with attributes such as subjective well-being, economic well-being, objective well-being, because well-being is always subjective. Below-average satisfaction with life is ill-being.

**Tab. 2. The position of ill-being and well-being on a scale of 0-10**

neither ill-being nor well-being										
0	1	2	3	4	5	6	7	8	9	10
ILL-BEING					WELL-BEING					

Source: Own elaboration

Veenhoven (2009) distinguishes between well-being “in” nations and well-being “of” nations; Gallup (2010) is focused on global well-being. In this paper, we examine the well-being of individuals. Well-being changes in time and space, the factors, which improve or worsen well-being are its drivers. We hypothesize that the major drivers of well-being will be health, trust, safety and the environment.

### Geography of well-being

The geography of well-being, as well as the geography of quality of life, is based on the knowledge that these phenomena have a spatial dimension, which is necessary especially in a holistically understood quality of life, i. e. quality of life with its two dimensions. The epistemology of the geography of well-being is based on the knowledge that it consists of subjective spatially differentiated satisfaction with life. This distinguishes it from the geography of quality of life, which is actually the geography of the quality of the place, formed by a set of objective equipment indicators and other variables that form the quality of the place. It is true that just as well-being is not a quality of life (together with ill-being it forms a subjective dimension of quality of life), the geography of well-being is not the geography of quality of life. Some of the authors call the objective dimension the quality of the place (Trip 2007, Burton 2014, Murgaš 2016 and Murgaš and Klobučník 2016). It can be defined as “an emotional and cognitive evaluation of external, spatially differentiated material and immaterial conditions for living the good life” (Murgaš 2016, p. 311).

According to Rappaport (2009), the importance of quality of life or well-being for geographers is rising, but it has still not reached a level comparable to the position of quality of life in economics, not to mention psychology or medicine. Confirmation of this fact is, among other things, comes from the only motto linking geography with well-being in the Encyclopedia of Quality of Life and Well-Being Research (Michalos 2014).

Focusing on spatial patterns of quality of life, well-being or happiness can be found in the works of various authors (Rampichini and Schifini D’Andrea 1998, OECD 2016, Ira 2005, Fleuret and Atkinson 2007, Ira and Andráško 2008, Coroničová Hurajová and Hajduová 2021 and Murgaš and Petrovič 2021). Scholars also pay attention to new topics such as the phenomenon of sustainable well-being or quality of life (Huba 2005, Kjell 2011, Guillén-Royo 2015 and Petrovič and Murgaš 2020), or to the COVID-19 pandemic (Murgaš and Petrovič 2020). It can be said that measuring quality of life, well-being or happiness and publishing rankings is a “classic” geographical task. The publication of annually recurring rankings, such as the World Happiness Report (Helliwell et al. 2021), the Human De-

velopment Index (UN Development Programme 2020) or The Global Liveability Index 2021 (Economist Intelligence Unit 2021, online), attracts media attention.

We present several measurements of quality of life, well-being or happiness in the Czechia, Slovakia, Poland and Hungary, i.e., the V4 countries. Authors from these countries also pay attention to the quality of life or well-being (Michalkó et al. 2013, Nowak 2018, Oláh et al. 2020 and Churski and Perdał 2021). These countries are post-transitional countries and, together with Slovenia, are the most developed and richest countries in Central and Eastern Europe. The measurements are for the years 2010 – 2020; together with four countries, we list the country in the first and last place. This method is repeated in the other tables.

Hanell (2018) compiled a Regional Quality of Life Index (RQoLI) for 195 EU NUTS 2 regions based on ESQI, OECD and Eurostat data. All eight domains used are quality of place domains, the data are obtained from statistical sources. The index shows high values of correlation of its domains. NUTS 2 regions are macro-regions, with Sielker and Rauhut (2018) considering them as political constructs, applied mainly in EU documents. Table 3 shows the RQoLI values for the Czech regions in comparison to the region with the highest (Danish region of Nordjylland) and the region with the lowest index value (Greek region of Attiki). Domain values are the average of the values of the weighted indicators.

**Tab. 3. RQoLI values of Czech in comparison to selected NUTS 2 regions**

Region	Domains							
	1	2	3	4	5	6	7	8
Nordjylland (DK)	92.1	75.4	99.9	76.4	88.5	78.9	95.9	86.8
Prague	51.2	52.1	41.2	71.7	64.2	31.4	66.9	0
Central Bohemia	73.5	58.5	44.2	49.0	43.4	47.4	40.4	60.7
Southwest	53.0	48.7	52.1	44.8	64.5	62.1	36.4	44.7
Northwest	49.2	43.1	43.9	31.5	45.6	45.2	51.2	39.7
Northeast	62.8	48.8	47.3	44.0	59.4	48.5	42.3	52.0
Southeast	51.4	46.4	34.0	48.3	61.4	53.8	41.4	46.1
Central Moravia	61.6	47.8	34.2	39.8	43.8	64.6	40.9	49.8
Moravian-Silesian	49.3	48.2	42.3	41.1	39.9	17.9	32.2	17.0
Attiki (GR)	13.8	4.1	15.3	39.8	15.6	3.8	12.9	2.3

Domains: 1 – Natural living conditions, 2 – Productivity and main activity, 3 – Health, 4 – Education, 5 – Leisure and social interactions, 6 – Economical and physical safety, 7 – Government and basic rights, 8 – Natural and living environment.

We conclude the part of our paper with the outline of the epistemology of the geography of well-being by stating that: the spatial pattern of social phenomena, which also includes quality of life, well-being and happiness, are variously differentiated at different spatial levels. This makes their geographical research irreplaceable.

## METHODS AND MATERIALS

Our paper is focused on the outline of the epistemology of the geography of well-being and its validation at the level of the regions of the Czechia. The relevant

literature was analysed, well-being as part of the quality of life was conceptualized. Key factors related to the subject of study were defined. We documented the geographical approach to the concept of well-being by measuring it.

Quality of life or well-being are concepts and therefore cannot be measured. What can be measured are their indicators, which can be subjective and objective, or their combination (Cummins 2000).

The result of a geographical study of quality of life, well-being or happiness is their spatial differentiation represented by the numeric figures and their spatial representation. In our research, we focused on the well-being at the level of 77 districts in Czechia. We considered the achieved representation of all districts of the Czech Republic to be very important in terms of the geographical validity of the results. We determined the minimum number of respondents for each district and at the same time for each region. The lowest values we set have been exceeded. In the questionnaire survey (N = 1 356) conducted in 2019, we surveyed well-being and its drivers on a scale of 0 – 10. The survey was carried out face-to-face and via social networks, and thus the measured data are of subjective nature.

The questionnaire contained 19 questions. People answered the question: “What is the quality of your life? Please indicate on a scale of 0 – 10, where 0 represents the worst possible and 10 represents the best possible quality of your life.” Questions about the well-being drivers focused on satisfaction with Quality of place, Safety, Health, Environment and Trust were constructed similarly, i.e. people indicated their evaluation of drivers on a scale of 0 -10, where 0 represents the worst possible and 10 represents the best possible evaluation. From questionnaires we also obtained data on variables such as: Gender, Age, Education, Number of inhabitants of the settlement and Marital status.

Data were obtained from individuals over the age of 18 from all districts of Czechia to meet the quota selection for the district quota (LAU 1).

## RESULTS

The values given below are always the average values for the district. We measured the average value of well-being index (7.41). The lowest value was reported in the district of Tachov (6.30), and the highest value is in the district of Cheb (8.43). Fragmentation of the spatial pattern of well-being (Fig. 1) is slightly larger in the Czech (western part of the country) than in the Moravian (eastern part of the country) part of the country. The belt of districts in the northwest, west, southwest, south and east of the country is characterized by a great variability of values when neighbouring districts have significantly different values. This does not apply to districts in the northeast and north of Czechia. The average value of well-being in the districts is 7.41. Spatial patterns of well-being and satisfaction with an environment differ. Despite a larger range of observed values (4.4 – 8.7 compared to 6.30 – 8.43 for well-being), the satisfaction with an environment is less fragmented and has a lower number of districts with the lowest values. The average value of the environment index in districts is 7.16. The value of the correlation between well-being and the environment is 0.24. According to de Vaus (2002), it is a weak correlation.

To calculate the correlation of individual variables (Tab. 4) due to the smaller number of cases and the unfulfilled assumption of a normal distribution, we used Spearman's R.

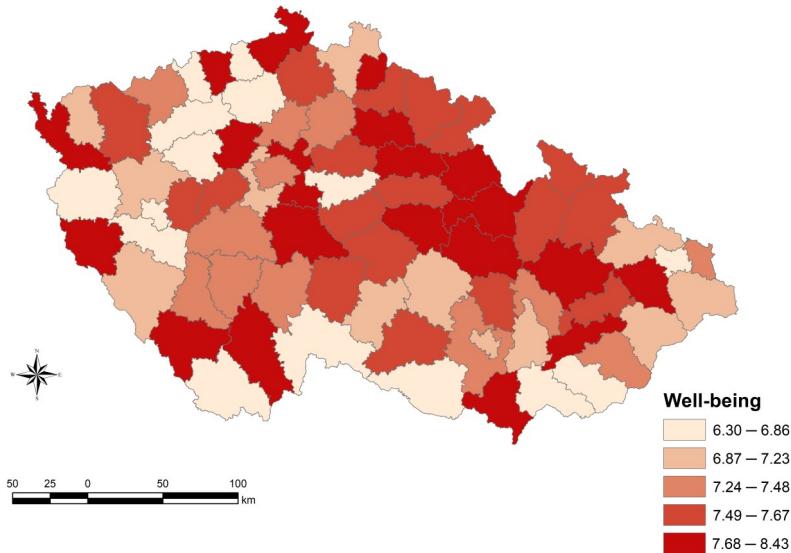


Fig. 1. Spatial differentiation of well-being index in regions of Czechia

Source: Own elaboration.

**Tab. 4. Correlations of well-being and its drivers**

Drivers	Well-being	Satisfaction with				Trust
		Quality of place	Safety	Health	Environment	
Well-being	1					
Quality of place	0.34**	1				
Safety	0.22	0.30**	1			
Health	0.22	0.02	0.32**	1		
Environment	0.24***	0.46*	0.46*	0.27***	1	
Trust	0.15	0.27***	0.21	0.00	0.18	1
* p<0,001		**p<0.01		***p<0.05		

Source: Own elaboration.

## DISCUSSION AND IMPLICATIONS

We hypothesized that the major drivers of well-being include health, trust, safety and the environment. According to de Vaus (2002), the correlation between well-being and quality of place is moderate, the correlation between well-being and its major drivers, i. e., safety, health and trust, is small. This is especially surprising in the case of trust, which is considered a strong predictor of quality of life (Mularska-Kucharek 2014). The hypothesis was not confirmed.



Our aim is to provide valid data on the spatial differentiation of well-being in the regions of Czechia as a basis for public policy. In this context, patterns of socio-economic and regional differentiation on the one hand and patterns of marginalized territories and peripheries on the other, are interesting, (e.g. Blažek and Csank 2007, Novák and Netrdová 2011, Blažek and Netrdová 2012 and Bernard and Šimon 2014).

According to Blažek and Csank (2007), the achieved structure of regional differences in Czechia is characterized by the main characteristics as follows: Prague is a (super) dominant metropolitan region characterized by roughly twice the average volume of economic production per capita and the lowest unemployment rate among the Czech regions. The Central Bohemian Region benefits from the importance of Prague. Relatively successful regions are mainly the regions of Hradec Králové, South Bohemia and Plzeň. These regions are characterized by below-average unemployment rates. The regions of South Moravia, Liberec, Pardubice and Vysočina are relatively distinctly heterogeneous regions. The position of the region South Moravia in terms of economic production per capita is caused by the relatively successful city of Brno. The last group of regions consists of lagging regions (Olomouc and Zlín and structurally disadvantaged regions (Ústí nad Labem, Ostrava and Karlovy Vary). Fig. 1 shows that the geographical differentiation of the measured well-being values differs from the division of the Czech regions into four groups (Blažek 2007).

The results of the territorial differentiation of Czechia in terms of dichotomy (development vs. problem) confirmed the significant dominance of Prague, which creates a very large development area (Novák and Netrdová 2011). Following the position of Prague, the belt with accelerated development (from Pilsen through Prague, Mladá Boleslav to Liberec) is clearly forming. Other development areas are formed in the hinterland of regional cities. Development areas are also being formed in the vicinity of successful towns and in specific cases without ties to major cities. The problem areas are in the Bohemian-Moravian Highlands and near the border with Austria. In other cases, problem areas are formed along regional borders. The spatial differentiation of the well-being index values expressed in Fig. 1 differs fundamentally from the findings of Novák and Netrdová (2011). Similarities can only be found in the high values of the hinterland of Prague and the low values of the districts in the north-west of the country.

Bernard and Šimon (2017) focused on the periphery of Czechia, which can be characterized by socially and economically disadvantaged areas. They examined these areas using aggregated data in the several domains (unemployment and exclusion, education and standard of living, age, and accessibility). Spatial pattern of peripheries distribution has a dual form. On the one hand, there are the peripheries at the regional borders, or at a great distance from the regional cities. These peripheries are referred to as “internal peripheries”. On the other hand, there are peripheries located on the state borders, at the state borders with all the countries with which Czechia is neighbouring. A comparison of the internal and external peripheries identified by Bernard and Šimon (2017) and the spatial pattern of well-being index (Fig. 1) shows that, with few exceptions, the districts with the lowest values of well-being are not part of either the internal or external peripheries.

It is obvious that the spatial pattern of well-being differs significantly from the spatial pattern of social and economic development explored and cited by some Czech geographers.

What are the implications of our well-being research in one of the post-transitory countries of Central and Eastern Europe? We believe that they are significant and valid:

1) The spatial pattern of well-being in Czechia does not correlate with the spatial pattern of social and economic development.

2) Medium correlation was observed between well-being and satisfaction with the quality of place, low level was indicated between well-being and satisfaction with environment, safety and health. The Czech specificity is a very low-to-low correlation rate with confidence.

3) It is important to state that the low correlation between well-being and social and economic development does not contradict the medium value of the correlation between well-being and quality of place. The first part of the statement concerns hard data on the facilities of the area, which is high e.g. in Prague and Brno (Murgaš and Klobučník 2016). The second part is related to soft data on satisfaction with these facilities.

4) The foregoing can be put in other words as satisfaction with quality, not quantity. This is also confirmed by Murgaš and Drápela (2019) in their analysis of quality of life in socially excluded locations in two Czech cities. They found that the quality of life of the residents of socially excluded locations is high, almost the same as the quality of life of the majority population in these cities.

## CONCLUSION

Well-being is conceptualized in the paper as a feeling resulting from the dominant pleasant states of satisfaction, health, emotional satiety and good social relationships experienced in an environment in which we feel good. The opposite of well-being is ill-being; however, both are indicators of the quality of life. On the other hand, part of well-being is happiness. Because well-being is a feeling, it is also a psychological matter. The quality of life model and its structure are expressed graphically.

The aim of the paper was to outline the epistemology of well-being from a geographical point of view and its application at the level of Czech districts. The epistemology of the geography of well-being is based on the knowledge of the possibility of examining the geographical differentiation of the subjective indicator of satisfaction with life. We extended the analysis of quality of place based on “hard” statistical data published as results of previous studies by examining well-being and its drivers through a questionnaire survey. We obtained “soft” data from all districts of Czechia to meet the quota selection for the district quota (LAU 1). The average value of well-being index reached 7.41. The analysis of the spatial differentiation of well-being in the districts of Czechia compared to the spatial pattern of the socio-economic differentiation of Czechia revealed a discrepancy between them. We consider this important aspect to be carefully thought about when setting public policy objectives.

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## GEOGRAFIA POHODY: ČESKÁ SKÚSENOSŤ

Termínom „pohoda“ prekladáme anglický termín well-being. Pohoda je súčasť konceptu kvality života vyjadrujúca pozitívne hodnotenie spokojnosti so životom. Negatívne hodnotenie vyjadruje termín „mizéria“, v angličtine ill-being. Súčasťou pohody je šťastie. Model kvality života vyjadruje tab. 1, pozíciu pohody a mizérie na škále od 1 do 10 (tab. 2).

V sociálnych vedách, vrátane humánnej geografie, sa používa spojenie „geografia pohody“, v príspevku sa zaoberáme pohodou v Česku.

Za kľúčovú v skúmaní pohody považujeme skutočnosť, že je to pocit, a teda psychologická záležitosť. Definujeme ju ako „pocit založený na prevládajúcom príjemnom stave spokojnosti, zdravia, emocionálneho nasýtenia a sociálnych vzťahoch prežívaných v prostredí, v ktorom sa cítime dobre“. Okrem pohody sme merali aj ďalšie faktory, o ktorých sme predpokladali, že na ňu majú vplyv – spokojnosť s kvalitou miesta, životným prostredím, bezpečnosťou a zdravím a dôveru.

Epistemológia pohody, rovnako ako epistemológia kvality života alebo šťastia, je založená na poznaní, že tieto koncepty majú priestorový rozmer. Pohoda i kvalita života majú dve dimenzie – subjektívnu a objektívnu, nazývanú aj „kvalita miesta“.

Cieľom je náčrt epistemológie pohody z geografického hľadiska a jeho aplikácia na úrovni okresov Česka. Epistemológia geografie pohody je založená na poznaní možnosti skúmania geografickej diferenciácie subjektívneho indikátora spokojnosti so životom. Údaje o pohode a mizérii sme získali metódou rozhovorov face-to-face a pomocou sociálnych sietí.

Náčrt epistemológie pohody z geografického hľadiska je podporený meraním pohody v českých okresoch v dotazníkovom prieskume (N=1 356) u respondentov starších ako 18 rokov na škále 0 – 10. Údaje sú údajmi subjektívnymi. Meranie splňalo kvótny výber pro kvótu okres. Index pohody (well-being) dosiahol priemernú hodnotu 7,41. Jeho najnižšia hodnota je v okrese Tachov (6,30), najvyššia v okrese Cheb (8,43).

Našou ambíciou je poskytnutie validných údajov o priestorovej diferenciácii pohody v českých okresoch. Dotkli sme aj porovnania zistenej priestorovej diferenciácie pohody s priestorovými vzorcami vybraných sociálno-ekonomických javov Česka, ako ich popísali niektorí českí geografi. Z nášho výskumu pohody plynú nasledovné významné poznatky: 1) Priestorová diferenciácia pohody nekoreluje s priestorovou diferenciáciou uvedených sociálno-ekonomických faktorov. 2) Pohoda stredne koreluje so spokojnosťou s kvalitou miesta, menej, na nízkej úrovni so spokojnosťou so životným prostredím, bezpečnosťou a zdravím. Prekvapujúca je veľmi nízka miera korelácie pohody s dôverou, ktorá je všeobecne považovaná za silný prediktor pohody a kvality života.



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